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Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 78% Partly cloudy sky Sensex 71,657 | Nifty 21,618 | Gold 62,950 | Silver 76,000 | Dollar 83.03 | Euro 90.92 | GBP 105.57

What's on your plate?

CITY PAGE 3

22,988 vehicles booked for defective number plates

Enough said, time for action

CITY PAGE 5

Site owners of KG Layout demand basic infra

Kalyanis at some waterbodies are still a mess. A case in point is Kaikondrahalli Lake in south Bengaluru

POND SCRAM

Residents voice concern over lack of fencing, sewage inflow

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

Although it has been more than three months since the festival of Ganesha Chaturthi, Kalyanis at some waterbodies are still a mess. A case in point is Kaikondrahalli Lake in south Bengaluru.

Those living around the waterbody and regular walkers BM spoke to said the area around the Kalyani (pond) at the entrance of the lake is in a pitiable condition — visitors are greeted with a big dump of garbage left behind after cleaning the Kalyani.

"It is a relatively bigger Kalyani at the entrance; it has been in deplorable condition post the Ganesha festival in August. It was cleaned completely only a few days ago and now a big pile of garbage, including parts or idols, decomposing organic matter, and pooja artefacts, has been left unattended. Even a single rain spell will create havoc," said Kislay Komal, a resident of the area.

Hyacinth at Kaikondrahalli Lake

> **"Water hyacinth cleaning needs to be executed regularly; hyacinth has occupied 40% of the lake**
>
> — resident of the area

According to officials from Bruhat Bengaluru Mahanagara Palike's (BBMP) lake department, the Kalyanis are to be cleaned by ward officials. However, multiple requests from the lake department have fallen on deaf ears.

"Kalyanis are to be cleaned by BBMP ward officials. We gave

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LED RIDING HOODS

Commuters welcome LED display boards on BMTC bus services

Rachana Ramesh
c-rachana.ramesh
@timesgroup.com
TWEETS @BangaloreMIRROR

The Bangalore Metropolitan Transport Corporation (BMTC) has begun using LED display boards on buses for the convenience of passengers. The initiative is currently deployed mainly across the east division with other divisions following suit.

The bus number, usually displayed on the far left of the board, is now being displayed on the far right along with the bus-stops on the route on the left side. Many commuters welcomed the move and said that it has helped them navigate spotting the right buses.

"The new design has the route number on the right and the destination information to its left. The intention behind this is to help identify the route numbers when multiple buses are at a stop with little difficulty," Friends of BMTC, a bus commuter group stated while requesting commuters to provide their recommendations on how the design can be upgraded.

A commuter suggested the BMTC must ensure that the entire text displayed on the board scrolls through before the text is switched into another language. Friends of

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Spiritual art

Grab the chance to attend a free session on body, mind, and soul healing through Divya Chikitsa Mantras and Yagyas as given by Vedic sages this week. The session is being organised by the Dhyan Foundation with renowned spiritual leader Ashwini Guru. For more information, please visit www.dhyanfoundation.com. **Where: Terapanth Bhavan, 2nd Main Rd, Gandhi Nagar; When: Friday, January 12; contact: 9902667247**

02 Kids' section

Ranga Shankara's signature storytelling programme, Little Cloud, is back. Kids of 4 to 6 years of age can participate in these storytelling sessions held in multiple languages by multiple artists. Grown-ups are not allowed.
Where: Ranga Shankara, JP Nagar
When: January6-February 25 (on Saturdays and Sundays); 10 am-11 am

03 Artsy show

The Bengaluru Arts and Crafts Festival is all set for shopping during the Indian festival of Sankranthi. This festival is unique as it brings various products under one roof. You can get your hands on colour powders, jewellery, hosieries, decorative items, and more. **Where: White House Convention Centre, HSR Layout; When: until January 14**

Diabetic? All it takes is switch to healthy living

Positive lifestyle changes can notably contribute to reducing diabetes, says study; researchers implement digital therapeutics using AI-enabled apps with structured lifestyle interventions

Iffath Fathima
Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

In a three-month study conducted on 522 Type 2 diabetes mellitus patients, results demonstrated that positive lifestyle changes significantly contributed to reducing diabetes, cholesterol, sugar, and blood pressure levels. The study conducted by Dr Manohar KN, Chairman of The Karnataka Chapter of the RSSDI, states that the levels were brought down through lifestyle modifications, including exercise and a balanced diet, assisted by digital therapeutics using AI-enabled applications by Credo Group.

The 90-day study showed that the average sugar levels of the patients (HbA1c) had come down by 1.9%. Initially, on day zero, the average levels of the 522 subjects participating in the study were calculated at 8.9%. However, at 90 days, the numbers dropped to 7%. In the case of weight, the average weight was 80 kg at induction to the study, and by the end of 90 days, there was a significant drop of 4 kg. Apart from that, triglyceride levels also showed a significant reduction. Triglycerides, a type of fat (lipid) found in the blood and often elevated more in Indian diabetics, can pose health issues. In this study, on average, the triglyceride levels were 227 mg/dL, which dropped to 169 mg/dL in a span of three months.

Dr Manohar said, "Lifestyle diseases need lifestyle solutions. Some of the lifestyle diseases include diabetes, high cholesterol levels, and hypertension. We conducted a study with 500 plus patients suffering from these lifestyle diseases. We implemented digital therapeutics using AI-enabled applications with structured lifestyle interventions that involved daily exercise, proper nutrition, and adequate sleep without modifying the medications they were taking."

The study included patients recently diagnosed with diabetes and those who had it for up to 20 years. The results showcased significant benefits solely through lifestyle changes, he added. Last month, during the 19th Annual Conference of the Karnataka Chapter of the RSSDI, the study was presented by Dr Manohar.

The continuous glucose monitoring system helped in making the right food choices, and exercise for at least 45 minutes per day, including aerobic, anaerobic, and yoga, was advised for the 3-month period that showed the above significant results.

He explained, "Blood pressure, on average, was reduced by 10/5 mmHg. We also observed a significant reduction in the use of medication, both insulin and tablets. In some patients, it even helped in discontinuing medications—remission or reversal of diabetes."

The 90-day study showed that the average sugar levels of the patients had come down by 1.9%

> **"Blood pressure, on average, was reduced by 10/5 mmHg. We also observed a significant reduction in the use of medication**
> – Dr Manohar KN

Happy days are ahead with better classrooms

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

All these years, around 180 students at Government Primary School, situated at Bhoganhalli near Bellandur, used to struggle a lot during the monsoon. It was tough not only for the teachers to conduct classes but also for the students to focus in class due to the leaky roof. They also used to worry about their safety because the school building was in dilapidated condition. Now, they need not worry about leaky roofs during the monsoon. They will have a new school building in the next academic year. The foundation stone-laying ceremony for the new building was held on Wednesday. Mahadevapura MLA Manjula Limbavali was the chief guest at the function.

"It was very difficult to conduct classes during the monsoon. The school building has five classrooms. The authorities have already demolished three classrooms because they were in bad shape. Now, I am very happy that some volunteers and philanthropists have come forward to construct a new building for the school," said Government Primary School Headmaster Vijay.

He said that the majority of students are migrants from neighbouring states and belong to economically poor families. "They come to school without having breakfast because their parents cannot afford to prepare breakfast as they have to go to work early in the morning. We give them milk, and they have to wait until lunchtime. Mid-day meals are provided to them during the lunch hour. It will be a great help for the students if any NGO or volunteers come forward to provide breakfast for the students," he added.

The condition of the school building wall

It is said the Sumadhura Foundation has come forward to demolish the existing building and construct a new building for the school at an estimated cost of Rs 60 lakh as part of their corporate social responsibility (CSR) programme. "Our management has agreed to construct classrooms, a kitchen, and an amphitheatre. The construction work will begin on Thursday (today)," said Jeevana Kalakunta, Head of CSR, Sumadhura Foundation. Sarala Menon, past president of the Inner Wheel Club of Bangalore IT Corridor, told BM that she wants to thank K Bharath Kumar of the Sumadhura Foundation for agreeing to provide funds for the construction of the school building. "I am very happy with the Sumadhura Foundation, which did a great job at Chikkanekkundi. We learned about the pathetic condition of the school building from the headmaster. Later, we approached the Sumadhura Foundation, seeking its help in constructing a new building for the school," said Menon.

Furthermore, President of the Inner Wheel Club of Bangalore IT Corridor, Shantha Divakaran, expressed deep gratitude to the Sumadhura Foundation for coming forward to take up this noble cause. "The school building is expected to be ready by May 2024, before the school reopens after summer vacation. Children will walk into a new modern building with fully fledged classrooms in the new academic year," said Divarakan.

High security on your plate

22,988 cases of defective number plates in 3 yrs; Transport Dept quotes stats to push HSRP

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Many vehicle users continue to use defective number plates in the city despite the fact that authorities are serious about cracking down on this. A staggering 22,988 individuals have been booked for defective number plates in three years, with 8,931 cases in the fiscal year 2022-23 alone, compared to 7,502 in 2021-22 in the city. In Karnataka, 71,796 cases have been booked for defective number plates over the past three years, including 26,351 in 2022-23.

Using these statistics, the transport department is batting for the early implementation of High Security Number plates (HSRP). Transport Minister N Ramalinga Reddy claimed that there were numerous benefits of HSRP. "HSRP is tamper-proof and cannot be reused. Once fixed, it cannot be easily removed. If anyone attempts to replace the number plate, HSRP gets destroyed. HSRP will also feature a common font and design, as per the Central Government rules, with the letters 'IND' in blue colour on the extreme left centre of the plate." He further informed that all vehicles registered before April 1, 2019, must obtain their HSRP by the deadline of February 17, 2024.

However, there have been reported challenges related to the fixing of HSRP. During a recent Assembly session, Chikkamagaluru MLA Thammaiah HD raised concerns about numerous complaints. Reddy acknowledged the issue, stating, "This has come to our notice. People should have internet knowledge to pay online. Otherwise, they can visit nearby internet parlours and pay online. The transport department has also established a helpline for addressing the issue."

All vehicles registered before April 1, 2019 must get HSRP by the deadline of February 17, 2024

> **It is an aluminium number plate fixed onto a vehicle with a minimum of two non-reusable snap-on locks and includes various identifiable features**
>
> –Transport dept official

To allegations that some had to pay extra to get an HSRP, Reddy said, if anyone has complaints they must report to the transport department. "We will probe and take action. Cases of serious and repeat complaints would be blacklisted."

The Transport Department has mandated HSRP for all vehicles registered prior to April 1, 2019. A transport department official explained, "A unified web portal, www.siam.in, enables vehicle owners to order HSRPs, select dealer locations for affixation, and choose convenient installation dates and times. Affixing HSRPs is a cashless transaction, with fees payable online. The State Transport Department has approved the option for affixation at the vehicle owner's residence or workplace."

HSRP is a security feature that incorporates embossed unique numbers, holograms, and other elements to enhance vehicle identification and recognition security.

"HSRPs are crucial for vehicle security and recognition. It is an aluminium-made number plate fixed onto a vehicle with a minimum of two non-reusable snap-on locks and includes various identifiable features. An HSRP is only issued after the vehicle's digital registration and is linked to the specific vehicle. Consequently, these plates cannot be used on a different car and serve as a deterrent to theft and misuse," an official explained.

Corruption alleged

Jithendra S N, president of Akhila Karnataka Vehicle Number Plates Manufacturers and Sellers Association, has filed a petition before the Karnataka Lokayukta alleging Rs 700-crore corruption resulting from the state Transport Department's order making HSRP mandatory for vehicles. In his petition, Jithendra has alleged that the Transport Department exclusively permitted vehicle manufacturers (OEMs) and their dealers to supply and fix HSRPs on old vehicles to control and check the substandard material, thereby allowed only OEMs and their dealers to sell and affix HSRP on old vehicles in accordance with the Central Motor Vehicles Rules 1989 and prohibited all other entities including HSRP Manufacturers from direct supply of HSRP to the owners of old vehicles.

We care for our own

We at Bangalore Mirror and Vijay Karnataka care for the safety and security of our vendors. The newspaper vendors and beat boys, who mostly travel on two-wheelers for their daily task, are at maximum risk of accidents as they have to carry out their work in rain or low-visibility conditions in the early hours. The Karnataka State Newspaper Delivery Workers Accident Benefit & Welfare Scheme is one social security scheme that they can avail of in times of crisis. To ensure that all vendors are fully on board with this scheme, in collaboration with the Karnataka Labour Department, we are organising a workshop to help newspaper delivery vendors to register in this scheme. All Newspaper Vendors and beat boys who are residents of Karnataka and are in the age group of 16-59 years, who are not income tax payer and not a beneficiary of EPF and ESI, hold a bank account that is linked to Aadhaar are eligible for this scheme. Please get a copy of Aadhaar card and bank account details to the below mentioned address and avail of the benefit by getting registered in this welfare scheme.

The workshop will be held at VK and Bangalore Mirror office today (January 11, 2024): **Address: # 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Time: 10.30 am – 1 pm**

Suicide attempt near Vidhana Soudha

A husband and wife, Shaista Banu and Mohammad Munaid, attempted suicide in front of Vidhana Soudha after alleging that State Minority Affairs Minister Zameer Ahmed had not assisted them when their house was auctioned by the bank as they could not repay a loan. The couple poured kerosene over themselves, before the police stopped them. They were detained under IPC sections 309 and 290. They claimed to have repaid Rs 97 lakh of their loan, yet the bank auctioned their house worth Rs 3 crore house for Rs 1.41 crore, citing an outstanding amount, they claimed.

CRIME FILES

Kidnap, collect ransom, murder and then go have a party: 3 arrested

Police have apprehended three individuals, Sanjay, Anand, and Hanumanth, on charges of kidnapping and murdering an individual in the outskirts of the city after getting paid a ransom from his wife. According to the police, the accused orchestrated the abduction of two people in December, aiming to extort money for a New Year party.

On December 30, the accused, Sanjay, a mechanic at a garage, lured Gurusiddappa, a spare parts supplier, to Ullal Road and abducted him in a car. Sanjay, who was familiar with the victim, demanded Rs 4 lakh, threatening Gurusiddappa with harm if he failed to produce the money.

Sanjay collaborated with his associates to carry out the kidnapping.

Under coercion, Gurusiddappa requested his wife to arrange the money urgently. The accused received the ransom from her in a secluded location.

Despite assurances of releasing Gurusiddappa on January 1, the accused took him to Manchinabele Dam near Ramanagara, where they allegedly stabbed him to death out of fear that he would involve the police if set free. Subsequently, they disposed of the body in the Manchinabele Forest area and headed to Goa to celebrate with the ill-gotten money. The crime came to light when Gurusiddappa's wife reported him missing.

Illegal activities at spa accused

A former employee of a spa filed a complaint accusing the massage centre of involvement in illegal activities. The 39-year-old woman, who previously served as the outlet manager at the spa, reported harassment by its South Indian regional head, and the Bengaluru head. She has claimed that when she resisted their demands to provide extra services to male customers. The complainant alleges that she faced further harassment when she refused to comply, and the company withheld her salary after her resignation. The FIR, lodged at Amruthahally Police Station, includes charges under IPC sections 354 (Assaulting or using criminal force against a woman), 506 (Criminal intimidation), and other relevant sections.

10, including engineering students, held in murder of auto driver

Ten persons, including engineering students, have been apprehended by the Adugodi Police in connection with the murder of auto driver Jai Prakash, known as Appi, inside a Lakkasandra hotel. The attack, fueled by an old feud, occurred 15 days prior to the arrests. Jai Prakash, 38, was brutally hacked to death on December 25. The suspects, identified as Abhishek, Dilip, Sharath, Ravikumar, Subendu, and others, hail from affluent families, and some are pursuing engineering studies in the city.

Jai Prakash is said to have had a confrontation with the accused in the past. The day before his murder, members of his gang assaulted some of the accused, prompting them to retaliate. They bought sharp weapons, pursued Jai Prakash, ultimately killing him in a hotel where he sought refuge. The victim, previously involved in a 2005-06 murder case, had not faced any charges since then.

The assailants left Jai Prakash unrecognisable after the attack, prompting a police manhunt leading to their arrest. Interrogations are ongoing to determine if additional individuals were involved in the crime. **BMB**

Aqua update: Get, set, go for better water supply

BWSSB officials hope to complete fifth stage of Cauvery water works by May this year; they say exact water demand will become apparent upon completion

| Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

Bangalore Water Supply and Sewerage Board has communicated with Cauvery Neeravari Nigam, urging them to store water and prioritise supply for Bengaluru

BWSSB officials state that the precise water requirement for Bengaluru will only be determined upon the completion of the Cauvery Water Supply V stage.

B Gopal, the chief engineer of BWSSB, mentioned, "This year, the Cauvery catchment area has low storage, and we are facing a crisis unlike recent times. Both the southwest and northeast monsoons experienced deficient rainfall in the Karnataka and Kerala catchment areas. Our immediate focus is on completing the Cauvery fifth stage, following which we plan to provide drinking water to 110 villages. The exact demand will become apparent as households opt for water connections, giving us a clearer picture of the water requirement."

The board has communicated with Cauvery Neeravari Nigam, urging them to store water and prioritise supply for Bengaluru. While there is currently no water shortage, the concern extends to the upcoming year's monsoon, he added. BWSSB officials estimate that by 2049, the population of these 110 villages is expected to reach 50 lakh. There is another project to provide 110 MLD of water from the Thippagondanahalli reservoir by rejuvenating it at a cost of Rs 300 crore. Currently, the old pipes are being replaced with new ones, along with the construction of a water processing unit.

According to a senior BWSSB official, they are hoping to complete the fifth stage of water works by May this year. "Earlier, the progress of the work was halted due to covid pandemic and other issues. The pipeline network will fetch water to 11 villages in Dasarahalli, 33 in Bommanahalli, 23 in Mahadevapura, 17 in Rajarajeshwari Nagar, and 26 in Byatarayanapura constituencies. Currently, BWSSB is building seven ground-level water reservoirs for the project, with each having a capacity to store 260 MLD of water," they said.

Last year, Deputy Chief Minister DK Shivakumar, who holds the Bangalore in-charge portfolio, said, "In a landmark judgement in 2018, the Supreme Court ruled that 24 TMC of water could be reserved for Bengaluru's drinking water. However, no action was taken in this regard until now. Previously, the allocation was lower. By utilising 6 TMC of water, we will now reserve 24 TMC of water." When asked if Tamil Nadu might object to this, he stressed that providing drinking water to Bengaluru was a priority and was done in accordance with Supreme Court guidelines.

> **"Our focus is on completing the Cauvery V stage, following which we plan to provide drinking water to 110 villages** -B Gopal, BWSSB

With poor rainfall in the Cauvery catchment area resulting in lower water storage capacity, concerns over water supply in Bengaluru City have resurfaced. Reports suggest that Bengaluru will require 2.42 TMC of water each month starting in January 2024.

A BWSSB official said, "New stages of Cauvery water supply have been introduced to accommodate Bengaluru's growing population, considering the city's demographics. Currently, water from the Cauvery is being supplied to Bengaluru in four stages. The fifth stage involves extending the water supply to 110 villages newly integrated into Bengaluru City. With this expansion, Bengaluru's monthly water requirement will increase to 2.42 TMC."

Presently, the water supply board supplies 1,450 MLD of water to Bengaluru daily. However, this rate can be maintained only if there is a flow of 700 cusecs of water at Shiva Anaicut. Currently, to fulfil Bengaluru's water needs, it requires 1.6 TMC of water every month. However, this requirement will surge to 2.42 TMC in January 2024 when 110 villages are added to the Cauvery water supply network in the fifth stage. Consequently, it requests prioritised water storage in Kabini and KRS to meet Bengaluru's drinking water needs, they added.

Survey on 7 city lakes reveals all lack fences

A survey conducted by a city-based organisation on seven lakes in South Bengaluru shows that none of the water bodies are securely fenced. Conducted in December 2023 at Anjanapura, Chunchaghatta, Doddakallasandra, Dorekere, Konanakunte, Kothnur, and Subaraayakere Lakes, the study shows that a lack of proper fencing might impact the biodiversity of these water bodies.

"The idea behind conducting the survey was to identify gaps in fencing and highlight its impact on lakes' biodiversity. At all seven lakes that we surveyed, multiple gaps in fencing were observed," said Raghavendra B Pachhapur of ActionAid Association, the NGO that conducted the survey.

The study shows that a lack of proper fencing might impact the biodiversity of these seven water bodies

The team identified 10 gaps in fencing at Anjanapura Lake, four major gaps at Chunchaghatta Lake, ten spots of unsecured perimeter at Dorekere, multiple gaps at Konanakunte Lake, and long gaps in fencing at Kothanur and Subbaraayakere lakes. Experts say fencing is the first defence of lakes and plays a vital role in protecting the biodiversity of lakes. It helps in controlling and reducing human interference or disturbance at lakes. They suggest that all the lakes within BBMP limits should be surveyed, secured, and freed from encroachment.

"Between 2015 and 2023, as many as 43 migratory bird species were observed in and around the seven lakes surveyed. Fences support protecting and conserving biodiversity from threatening processes, including human persecution, invasive species, and disease. BBMP should take up all development or rejuvenation works after lakes have been surveyed and boundaries have been secured," said Pachhapur.

— BMB

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Close it

Shanthala Nagar

An open drain outside the Airlines Hotel on SBI Road in Shanthala Nagar poses a significant risk to pedestrians. The authorities concerned should do something about it.

No bus here

Avalahalli

There is no bus service in the Verranahalli area of Avalahalli. People are finding it very difficult to commute to far-off places.

Bus is here!

Jayanagar

A school bus is parked on the footpath opposite Smart Point, Reliance Retails in Jayanagar 7th block. This obstructs the footpath, making it impossible for pedestrians to walk.

Want to book bus tickets? Tell chatbot about it

Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

KSRTC mulling new chatbot system to address queries, grievances

Karnataka State Road Transport Corporation is mulling a WhatsApp chatbot system to address queries and grievances about reservations. The project is in its initial stage and might replace its existing AI-Chatbot Vaani.

KSRTC is conducting a complete overhaul of its Open Passenger Reservation system and might also introduce a new Whatsapp Chatbot system. The Chatbot will cater to addressing queries of passengers who have reserved their tickets.

The project is still in the discussion stage and has not been named yet. "We are planning a complete overhaul of the Online Passenger Reservation System. The tender for the current OPRS expires in April. We are in the process of finalising the tender. As part of the changes, we could be looking at WhatsApp chatbot. Currently, most information is sent via SMS and soon will be added to WhatsApp," said a source.

As of now, KSRTC has an AI chatbot Vaani that was launched in 2019

The chatbot will be an interactive WhatsApp feature that will provide the required information to passengers. Currently, KSRTC has an AI chatbot feature Vaani on the KSRTC website that is capable of addressing PNR status, cancellation of tickets and other questions commonly asked by passengers. The new WhatsApp chatbot could also allow for booking of tickets.

Vaani was launched by KSRTC in 2019 to act as a virtual personal assistant for passengers booking tickets.

In 2022, Bengaluru Metro Rail Corporation introduced a Whatsapp chatbot for its passengers. Through the Whatsapp chatbot, commuters can book QR tickets. Additionally, they can also find information on the departure of trains and calculate the fare between two stations. It can also recharge metro smartcards and make hassle-free payments via UPI.

KG Layout: Enough said, time for action

Site owners not happy with BDA chief's visit or orders, they want facilities to be in order

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

No amount of supervisory visits or order to finish work are going to satisfy site owners at Nadaprabhu Kempegowda Layout. Site owners will only be happy if they see some concrete action on the ground.

Bangalore Development Authority (BDA) Commissioner N Jayaram paid a surprise visit to Nadaprabhu Kempegowda Layout on Tuesday to hold a meeting with land owners who are obstructing the construction of a road at the layout.

The BDA Commissioner directed engineers to complete the tender process for asphalting the roads at blocks five, six and seven of the layout. The Commissioner also inspected the progress of civil works in 8th block and major arterial road and also inspected whether basic facilities are available to the allottees who are constructing houses at the layout.

But, those who began construction of buildings at the layout are not ready to take the BDA Commissioner's assurance seriously. They said the asphalting of the roads would be a great help for those constructing buildings but there is no guarantee the BDA would start or complete the work.

"The BDA Commissioner claims that he has directed the engineers to speed up tender process for asphalting the roads but the site allottees are not happy with the amenities that are claimed to be already in place," said Nadaprabhu Kempegowda Layout Open Forum spokesperson Surya Kiran.

He said there are many issues including underground drainage, water supply, electricity, and substation tender works that are to be addressed on a priority basis. "Until the BDA takes measures for asphalting the roads, basic amenities provided on temporary basis will not help us. Since 2016, the BDA has been claiming that infrastructure-related works are completed. The BDA has failed to meet the deadlines of 2018, 2021, 2022, and 2023. Now, it has the time till 2024 to complete the work. A lot of money spent on infrastructure was wasted as the infrastructure remained idle," he said, adding that until land acquisition issues are resolved and the engineering team completes the tender process the works completed by the BDA will not help the site allottees.

File photo of a site inspection at Nadaprabhu Kempegowda Layout from 2022

> **"Since 2016, the BDA has been claiming that infrastructure work is completed. The BDA has failed to meet the deadlines of 2018, 2021, 2022, and 2023**
>
> –Surya Kiran, KG Layout forum

The site allottees claimed that BDA authorities provided wrong information during the Assembly session held in Belagavi about the basic amenities at the layout.

Time to pull up socks

They also expressed dissatisfaction at the BDA Commissioner not visiting the layout as soon as he assumed office. They said the BDA authorities pulled up their socks only after Rajajinagar MLA S Suresh Kumar wrote a letter to the Deputy Chief Minister seeking an inspection of the basic amenities available at Nadaprabhu Kempegowda Layout.

"I began construction of my dream home at the layout but I am not happy with the available amenities here. I bought the site in 2016," said Madhusudhan Raju, a site owner.

Expressing similar opinion, BR Thulasi Prasad, who is constructing a house at the layout, said the BDA engineer has provided temporary connection to the underground drainage. "It would be a great help to people constructing buildings if the BDA asphalts the roads at 5th, 6th, and 7th Blocks of the layout," said Thulasi Prasad.

A site owner, pleading anonymity, said that he began construction of his house but was not able to connect the sewage pipe to the manhole on the road. "It is a dummy manhole without a sewage pipe. The BDA engineer advised me to dig a soak pit which costs me around Rs 20,000," the site owner said.

'Murder was pre-planned, suicide story untrue'

The investigation into the murder of 4-year-old son by startup CEO mother in Goa has taken a twist with the police suspecting that the accused, 39-year-old Suchana Seth, was planning the crime for a long time and was cooking up the story of attempt to suicide.

Sources said that Suchana Seth, CEO of a Bengaluru-based Artificial Intelligence startup Company had put up a post on social media by putting the picture of her son and giving the hashtag "what will happen to him?" The police sources said that the post was written on October 10, 2023 and the development had aroused suspicions on pre-planning of the murder by the accused mother.

The police have also gathered information that accused Suchana Seth was arrogant and quarrelsome in the apartment premises.

Sources also said that Venkataramana, the father, after getting entitled to visitation rights had arrived from Jakarta in Indonesia to Bengaluru to meet his son on Sunday. He had brought toys and new clothes for the child. But, Suchana Seth had taken the kid to Goa on Saturday. Venkataramana made several phone calls and video calls to her but they remained unanswered.

Meanwhile, the family of the four-year-old, Chinmay conducted last rites at the Harishchandra Ghat here.

Police sources said that once the final rites are performed, the Goa Police will question Venkataramana.

Accused Suchana Seth, had claimed that she attempted to render her son unconscious to stop him from talking to his father over video call by pressing the pillow on his face and the child was suffocated to death.

Suchana had claimed that later she attempted to commit suicide by slashing her hands, but failed. Not about to figure out what to do in the situation, she stuffed the body into a suitcase and checked out of the hotel.

The investigation has shown that the boy had spoken to his father over video call on Sunday. Seth had confessed she did not want her son to talk to father at all. Probe revealed that she committed the crime to deny her ex-husband access to the child after a court granted him visitation rights. **–IANS**

IISc gives it a good shot

Institute develops covid-19 vaccine that demonstrates efficacy against all existing SARS-CoV-2 strains; this vaccine can also be stored at room temperature

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

PIC FOR REPRESENTATION ONLY

After analysing various proteins, the IISc team selected two parts of SARS-CoV-2's spike protien

Researchers at the Indian Institute of Science (IISc) have come up with a potential covid-19 vaccine candidate that is effective against all current strains of SARS-CoV-2 and can be quickly adapted for future variants as well. This is after they found that while current vaccines are proven to be effective against most SARS-CoV-2 strains, their efficacy has declined due to the virus's rapid mutation.

Called RS2 antigen, this synthetic compound can also be stored at room temperature for a month without the need for cold storage, unlike many vaccines on the market that require mandatory cold storage. Researchers say this would make the distribution and storage of these vaccine candidates much more economical.

After analysing various proteins found in the virus, the IISc team selected two parts of SARS-CoV-2's spike protein—the S2 subunit and the receptor binding domain (RBD)—for designing their vaccine candidate. The S2 subunit is highly conserved; it mutates much less than the S1 subunit, which is the target of most current vaccines. Scientists have also known that the RBD can provoke a strong immune response in the host. Therefore, the team created a hybrid protein called RS2 by combining these two components.

The researchers used mammalian cell lines to study the expression of the hybrid protein. "The protein showed very high levels of expression. This means, she explains, it can potentially be produced in large quantities," says Nidhi Mittal, PhD student at the Molecular Biophysics Unit (MBU) of IISc and the first author of the study.

> **"The team began working on the vaccine even before the pandemic became widespread in India. Since, 2000, we have been working on viral vaccines** –R Varadarajan, MBU

Researchers then tested the effects of the protein in both mice and hamster models. They found that the hybrid protein triggered a strong immune response and provided better protection when compared to vaccines containing the whole spike protein.

"The team began working on the vaccine even before the pandemic became widespread in India. At that time, the Bill and Melinda Gates Foundation provided us with funding and support. Since 2000, we have been working on designing several viral vaccines, including those against AIDS and influenza. We have leveraged this expertise to design their current RS2-based covid-19 vaccine candidate in collaboration with the startup Mynvax, which was until recently incubated at IISc," said Raghavan Varadarajan, professor at MBU.

According to the team, the RS2 antigen can be tailored to incorporate the RBD region of any new variant of SARS-CoV-2 that might emerge. Its high levels of expression and stability at room temperature can greatly reduce production and distribution costs, making it well-suited for combating covid-19.

Warm gestures in chilly winter

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Last week, Ploggers Army initiated the drive in South Bengaluru

In a heartwarming initiative, volunteers from the Ploggers Army have rallied together to extend a helping hand to the underprivileged during the chilling winter months. The organisation has launched a city-wide winter clothing collective drive, aiming to collect and distribute warm clothing to those in need, particularly in slum areas.

Raj, a dedicated member of the Ploggers Army, shared insights into the initiative, stating, "Last week, we initiated the drive in South Bengaluru, starting with Jayanagar. The next points on our map are Malleswaram and Bellandur. Our goal is to establish 3–4 drop points, covering the north, west, south, and east regions. While we have identified drop points in other directions, we are actively searching for one in North Bengaluru. Our strategy involves gathering a mix of preloved winter wear and some new items to distribute among those who sleep on the roadside or in slums."

The team at Ploggers Army understands the diverse needs of the recipients, with Raj emphasising, "We have received a mix of all types of clothes for Jayanagar. We don't turn away any contributions, ensuring that we accept other clothing items along with winter wear. However, our primary focus remains on providing warm clothing to those in need."

The designated drop points include East End B Main Road, Jayanagar 9th block, Eat Raja juice bar in Malleswaram, and a drop point in Bellandur at a Plogmate's house.

Raj explained, "Our plan is to distribute the collected items in the respective areas, targeting bus stands, roadsides, and slum areas. We are well aware of the slums around these locations, and our aim is to make a positive impact on those communities. We have already completed one set of distributions in Jayanagar, which included a mix of all types of clothes. The collection for Malleswaram has started and will continue until the 25th. As the materials accumulate, we will schedule further distributions to ensure an efficient and widespread impact." As the collective drive continues, it serves as a hope for many facing the harsh realities of winter on the streets.

Gear up for Chitravani Awards

The 23rd Sri Raghavendra Chitravani Awards are scheduled to happen on January 27 at Kannada Chalanachitra Kalavidara Sangha, Chamarajpet. The number of awards has been increased to 11 for the year 2023.

"We have selected the awardees based on merit and seniority. All of them have contributed something to society by bankrolling good movies," said Sudheendra Venkatesh of Sri Raghavendra Chitravani.

Established 48 years ago, Sri Raghavendra Chitravani is the only public relations organisation to felicitate people who contribute to the Kannada film industry.

The award distribution function is scheduled to be held at 5:30 pm.

Late Ramu of Ramu Enterprises will be given the Raghavendra Chitravani Award posthumously.

The winners list also includes veteran journalist Muralidhar Khajane, playback singer Hemanth Kumar (Dr Rajkumar Award), director Nagathihalli Chandrasekhar (R Seshadri Memorial Award), actress Jayalakshmi P from Dubai (Jayamala HM Ramachandra Award). Many more artists such as music director Joe Costa for composing music for the Kannada movie Sapta Sagaradaache Ello (MS Ramaiah Media and Entertainment Award) will be awarded.

National award winners BN Subramanya, Rakshith Shetty, and Anirudh Jatkar will be felicitated on the occasion. **–BMB**

Invitation to invest in EV sector

Assuring that the Karnataka government would come up with a new clean mobility policy, Large and Medium Industries Minister MB Patil on Wednesday invited the Japanese delegation to consider investing in the sector.

In a meeting with the Japanese parliamentary delegation, he said that the government aims to position Karnataka as the premier destination for electric vehicle (EV) manufacturing.

"The focus will be on the entire value chain related to e-mobility, from battery and cell manufacturing, component production, original equipment manufacturers, charging and testing infrastructure, to research and development," the minister said in a statement released by his office.

Karnataka and Japan share many similarities, which include their focus on major industries like auto and auto components, engineering and machine tools, chemicals, innovation, and research and development, he added. Stating that the state would like to partner with Japan to become a global manufacturing hub, he said that the Japanese Industrial Township in Tumakuru district is a testimony to the long-standing industrial collaboration between Karnataka and Japan. Further, the Japan India Startup Hub, an online platform, has been facilitating bridging the gap. **–PTI**

Let's have it out

Bangalore University post graduation and research scholars association hold a protest demanding that the Kantharaju Commission report be released

'Quality control must for us to compete with world'

Calling it necessary step, court rejects plea seeking its interference in quality checks on imported plastics effective from January 5

The High Court of Karnataka has rejected a petition that sought its interference in the quality checks on plastics imported to India.

As per a notification issued by the Government of India, quality control has been imposed on plastic imported into the shores of the country effective from January 5, 2024.

Calling it a necessary step for quality control, the HC in its judgement said, "If the quality emerges right from the word go, till the finished product, under the 'Make in India' programme, it is only then that the country would be able to compete with others. A step towards that will not be interfered with by this Court except, that if the step towards that, depicts palpable and demonstrable arbitrariness, which is neither pleaded nor present."

The All India HDPE/PP Woven Fabric Manufacturers' Association had filed the petition before the HC which was heard by Justice M Nagaprasanna. In its judgement on January 8, the Court noted that "Except contending cartelisation and nexus, there is no other submission made," by the petitioners.

Citing several earlier judgements, the HC said that the court cannot act like an adviser to the government on policy matters. "A Judge in terms of his inputs, cannot assume the role of a supreme adviser to the administration on policies governing innumerable activities of the State, particularly in today's context of over-expanding horizons which come into the ken of such policy making," the court said. The HC said that quality control was necessary for the country to compete with the world.

"If the product under the programme "Make in India" is sought to be exported under the tag "Made in India", quality insistence from the threshold would ensure that the final product would meet all the necessary global standards," the HC said.

Dismissing the petition, the HC said, "Quality control in plastic manufacturing always refers to the process of monitoring and inspecting various stages of manufacturing process to ensure that the final plastic products meet certain standards of quality."

> **"If the quality emerges right from the word go, till the finished product, under the 'Make in India' programme, it is only then the country would be able to compete with others** – High Court

"Therefore, every raw material now that is sought to be brought under BIS is only to make it a quality final plastic product, for it would not become hazardous to the environment and be of use to the general public and meet health and safety standards including food conduct regulations, as they are widely used in every walk of human life." **– PTI**

Ankita Raina lone Indian to receive direct entry in ITF

Asian Games bronze-medallist Ankita Raina is the only Indian to have received a direct entry in the upcoming ITF Women's Open, set to be hosted by the Karnataka State Lawn Tennis Association here from January 14.

Runner-up from the last edition and ranked 208th in singles, she features in the main draw list that has 20 direct entries, along with four wild cards and eight qualifiers.

As for the Indians, there could be as many as nine of them in the singles main draw, with four of them being handed the wild cards for the main draw, while five of them would be playing the qualifiers between January 14-15. Among the wild-card Indian entries are local talents Soha Sadiq (singles ranking 823) and Suhita Maruri (singles ranking 1,239).

Darja Semenistaja of Latvia, ranked 143rd in the singles, is the highest-ranked competitor in the event.

It will be the third edition of the tournament and will be played under lights for the first time, with the finals set to be played on January 21. **– PTI**

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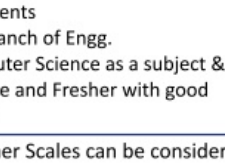

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Kalyanis need urgent clean-up

CONTINUED FROM PAGE 1

many reminder calls but they were not attended to. After the Ganesha festival, Dasara immersions happened too, but complete cleaning is still pending. We will reach out to the ward officials and get the area cleaned. If they refuse to, the lake department will ensure that cleaning happens from our side," said a BBMP official from the lake department.

Other issues plague lake

Untreated sewage entering the lake, unchecked growth of hyacinth, and lack of proper fencing are some other issues vexing locals and lake walkers of Kaikondrahalli.

"Untreated sewage has been entering the lake for more than a year now and water quality has been deteriorating. There is a foul smell always lingering in the air. We reached out to the Bengaluru Water Supply and Sewerage Board (BWSSB) a couple of months ago. After that, BWSSB brought in some pipes for drainage work to stop the entry of sewage. But the initiative has not moved forward. We have been told that work will resume only by mid-February," said Arpita Choudhary, another resident.

Residents voiced their concerns over the lack of fencing at the water body. They said the compound fence has been damaged at multiple points and these are being used as thoroughfares, raising concerns for lake walkers.

"We need to fix the fencing of the lake as miscreants enter lake premises at night and use the lake area for drinking alcohol and leave broken bottles behind; it's a safety risk for walkers and residents who visit the waterbody — lake premises turning into a hub for illegal activities. The water hyacinth cleaning needs to be executed regularly; it has occupied 40% of the lake as of now," said another resident of the area.

Commuters' take on LED display boards

CONTINUED FROM PAGE 1

BMTC noted that the public transporter currently has the same mechanism in place. However, a few buses experience glitches and switch over to the other language before the text entirely scrolls through. Such incidents can be reported to the department for them to be rectified with the registration numbers details.

On the other hand, Nihar Thakkar, a cyclist and public transport enthusiast, suggested that the destination text should switch languages after scrolling once, instead of 2-3 times per language. He said if implemented, the display board would become far more readable.

"I think it would also be good to remove the scrolling list of intermediate stops ("via xyz, ..."). This is hard to read within the few seconds a bus waits at a stop, and also delays the language switching. It can also be confusing because all stops are not listed except major ones," he added.

Many suggested that the BMTC must ensure the side display boards are functional at all times with relevant details.

Shaila, an accountant and frequent bus commuter said: "We barely get to view the front portion of the bus for a few seconds, especially when there are many more arriving at the same bus stop. It is very important for the corporation to ensure that the side display boards are given prominence and are functional at all times, as most commuters rely on them to board the right bus. Otherwise, the commuter will be required to run front and to the rear of the bus in order to find out if the bus is plying on their required route."

Another commuter suggested the route number should be prominently displayed on the centre while the left side of the board can display the starting point of the route and the right can display the ending point.

However, Sudha M, a resident of Jayanagar and bus user, noted that many locations have lengthy names that may not fit into the designated space if a centre alignment is implemented.

"The font of these names will probably have to be reduced to make them fit into the space. Senior citizens and those with poor eyesight will have difficulty if the font size is reduced no matter how bold the text remains," she said.

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CHANGE OF NAME

I, Arunkumar Chotu Deenadhayalan S/o Deenadhayalan Raja R/o #60 DNS layout, Sacred Heart Road, T.C.Palya, K.R.Puram Bangalore North, Karnataka 560036 have changed my name to Arun kumar Cornelius Deena dhayalan , Vide affidavit dated 09/01/2024 before Notary public K.B.Sadha Shivappa ,Bangalore .

I, L S Aysath Mafrooha R/o C-803 Mantri Pride Apartments 54 Mountain Road Jayanagar 1st Block Bangalore Karnataka-560011 have changed my minor daughter's name from Yumna to Yumna Abdullah.

I, RESHMA SRIWASTAWA W/o Sandeep Ankush Madwal, residing at No.S-29, 3rd Floor, Rainbow nest, Gidadakone halli, Muddinapalya road, Annapoorneshwari Nagar, Bangalore-560091 have changed my name to RESHMA MADWAL, vide affidavit dated 10.01.2024 sworn before notary Devaraja .E, B.lore.

I Lakshmi Krishnamurthy W/O, Krishnamurthy Iyer R/o 2206, Prestige Park Square, Bannerghatta Road, Opp Sherwod High School, Basavanapura Village, Bengaluru, Karnataka - 560083 have changed my name to Lakshmi Krishnamurthy Iyer.

I Chittoor Nallappareddy Gari Mallikarjuna Reddy S/o Bheemareddy Chittoor Nallappareddy R/at No.24, 4th A Cross, Muniswara Nagar, Bagalur, Bengaluru 560063 have changed name as C.N. Mallikarjuna Reddy vide affidavit dtd 09/01/2024.

I, Vinod S/o Basappa Mandre R/o 25, 2nd main, 7th cross, RR Lyt, Nagadevanahalli, Bengaluru 560056 have changed my name to Vinod Basappa Mandre, Affidavit Dt.10/01/2024 notary Harisha G, B'luru

I, BABU R/at No.5, Srishti Sector C Ramaiah Reddy Colony Basavanagar, Bengaluru- 560037, have changed my name to BABU HARISHCHANDRA vide affidavit dated: 5/1/2024 Before Notary K.V.Mani Bangalore.

I, Rajat Wandkar, R/a 229, 2nd Phase, Akshay Colony, Gokul Road, Hubli-Dharwad City 580030. I have changed my name to Rajat V Wandkar. vide affidavit Dtd 09-01-24 Sworn before notary N Mahesha Bangalore.

I, ARSIYA BANU W/o Imran Pasha, R/at No.48/9, 3rd Cross, Nizamudin Mohalla, Mysore Road, Bengaluru- 560018, have changed my name to ARSHIYA BANU vide affidavit dated: 12/12/2023 Before Notary Deepa. M Bangalore.

I, Bhaskar Reddy .T S/o Venkatramana reddy R/o Flat. C-1302 block, Shriram green field apts, Bommenahalli hobli, Bengaluru 560049 have changed my name to Bhasker Reddy. T affidavit Dt.10/01/2024 notary Harisha G, B'luru

I Varsha Vilas Sulakude W/O, Kunal Mohan Sadalkar R/o B2 306, Sumadhura Mathrushree Apt. Thindlu Circle, Vidyaranyapura Post Bangalore have changed my name to Varsha Kunal Sadalkar.

I am Pooja, D/O Govindaraj Kulkarni. I have changed my name to POOJA GURURAJ RAJ. Address is 401, Satwik Residency, 7th Main, Nandakumar Layout, Arehalli, Bangalore-61. Ref # INKA93252019400285W

I, Tirupati S/o Heeralal R/o Eachanal Thanda, Eachanal, Lingasugar Raichur -584122 have changed my name to TIRUPATI CHAUHAN affidavit Dt.10/01/2024 notary Harisha G, Bengaluru

I, Zoharian Banu Asif, W/O Naveed Sait, R/at #39, Harris road, Benson Town, B'lore-46 have changed my name to Zoharian, vide affidavit dated 21/12/15 before notary B.K.R. Krishnamurthy, B'lore

I Usha Donty Ramasubbaiah Shetty W/O, Kandikere Govindasetty Nanda R/o Gokul Nilaya, Banashankari Road, Hosadurga, Chitradurga - 577527 have changed my name to Usha Nandakumar.

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I Shylaja M w/o Vinod S, R/o No 79, Nagenahalli, Yelahanka, Bengaluru-560064. I have changed my name from Shylaja M to Shyla for all furture purposes

I Sujana Tarigoppula W/O, Anantha Aditya Kumar Tarigoppula R/o A 101, Kasturidama Apartments, 9th Cross, 8th Main, Malleswaram, Bangalore 560003 have changed my name to Sujana Nemali Murthy.

I, SURESH R D R/o 165, Ragihalli post, Anekal Tq, Bengaluru 560083 have changed my minor daughter name from RISHIKASIRE SURESH to RISHIKA SIRI SURESH affidavit Dt.10/01/2024 notary Harisha G, B'luru

I, Chirag A S/o, Neelam Anil R/o 39, 7th Main, 3rd Cross, Raghavendra Nagar, Tcp Main Road, Rm Nagar Post, Bengaluru 560016 have changed my name to Chirag Anil for all purposes.

I MAIMOONA SAJID W/o SYED WAJID Flat No OA001 Park West Apartment Olive Tower, Binnipet, Bengaluru 560023 have changed my name to MAIMOONA KHAN for all purposes

I Gopala Munishamappa S/o Munishamappa R/o No 2114, 9th Main D Block, Sahakara Nagar Bengaluru 560092 have changed my name to Gopal Munishamappa for all purposes.

I Mohammed Rafik mohammed Ghouse S/o Mohammed ghouse R/o #540, B Block, 2nd Main , 5th Cross, Subhash Nagar, B'lore-560068 have changed my name to Mohammed Rafiq for all purposes.

I, Hidayath Khan R/o No:- 01, Varthula Road, Maruthi Nagar, Chandra Layout, Bangalore 560072 have changed my minor Son name from MOHAMMED ALI to AYAAN KHAN for all purposes

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HEALTH TIP: Drink tea and coffee in moderation and make sure to have your last caffeinated drink by 2 pm

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All you need to know about...

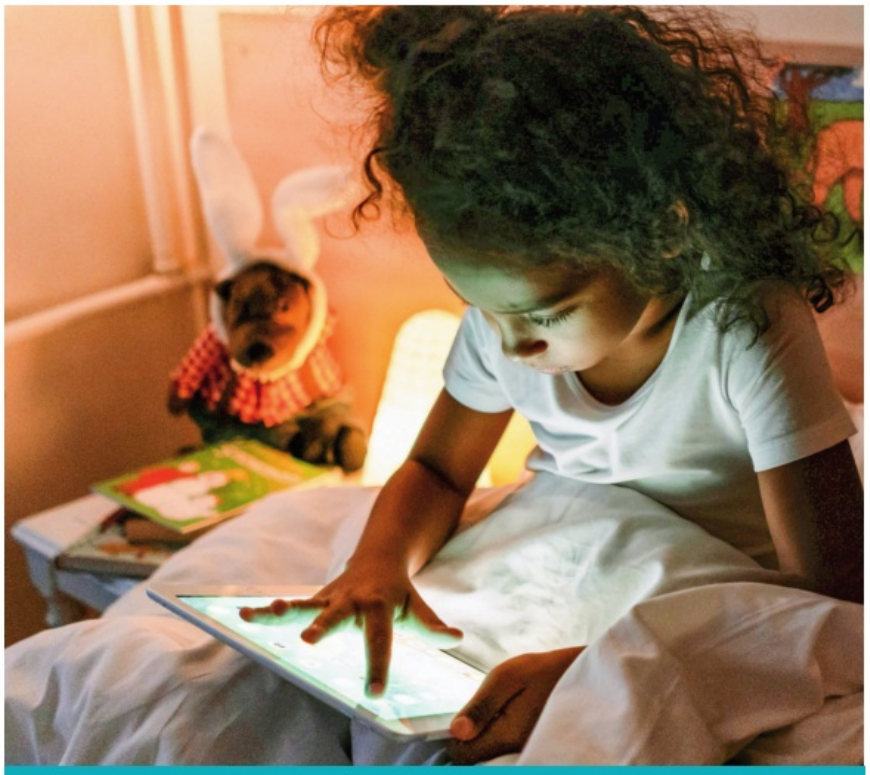
Early menopause risks

Rheumatoid arthritis risk
Early menopause — before the age of 45, taking hormone replacement therapy (HRT), and having 4 or more children are among several hormonal and reproductive factors linked to a heightened risk of rheumatoid arthritis in women, finds a long term study.

Women more susceptible to RA
Women are more susceptible to this autoimmune disease than men, said the researchers from Anhui Medical University in China. They are 4-5 times as likely as men to develop rheumatoid arthritis under the age of 50, and twice as likely to do so between the ages of 60 and 70.
And the disease seems to take a greater physical toll on women than it does on men, revealed the study published in the open access journal RMD Open.

What factors to consider
While the study "is observational", the findings nevertheless prompt the researchers to suggest that hormonal and reproductive factors should be carefully evaluated in women diagnosed with rheumatoid arthritis. "The findings of this study are significant and form a basis on which novel and target-specific intervention measures to curb the risk of [rheumatoid arthritis] in women may be developed," the team said.

Risk percentage
Starting periods after the age of 14 was associated with a 17% higher risk when compared with starting them at the age of 13, while going through the menopause below the age of 45 was associated with 46 % heightened risk compared with going through it at the age of 50-51. Hysterectomy or removal of one or both ovaries (oophorectomy) was associated with 40 per cent and 21 per cent higher risks, respectively, although only a few women had these procedures. —IANS



SCREEN TIME UP

3 ways to help your child transition off screens

Many parents worry about how much time their children spend watching screens.

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Technology transitions are a lot like other transitions children experience throughout their day.

These include stopping play to get dressed, moving from having breakfast to getting in the car, or finishing time on the swing to leave the park. These can be tricky because they involve self-regulation skills that children learn and develop as they grow.

Transitioning from screen to non-screen activities is something many children would do more than once a day.

Often technology transitions can appear harder for children and their carers than other transitions because devices can be highly engaging, with developers and media designers actively working to keep children connected (think of how streaming services automatically start playing the next show and display all the similar options for viewing).

We are working on a larger project to develop an online tool with advice for parents about using digital technologies with their children.

In this part of the study, we have been exploring how to support children with technology transitions. Together with Playgroup WA, we worked with a group of 14 parents to explore different ways to move children off technology.

Over 12 weeks, we provided parents with ideas and advice to support transitions and then asked them what worked best. These resources included content from the federal government's parenting website Raising Children Network and ABC Kids.

Families reported their top three strategies for supporting technology transitions.

1 Prepare your kids

We would be upset if we were watching a movie and someone suddenly stopped it midway through without warning.

Just like adults, children can feel very annoyed and frustrated when their device is suddenly taken away, especially when they are enjoying a game or watching content they like.

So you need to prepare children and let them know when their time with a screen will end.

Some successful strategies parents and carers in this research used were "you can watch two episodes of this show" or "when this game is finished we will stop". These help children to know how much time they will have with a device and that they will be able to finish an activity they are enjoying.

Telling them what activity would follow was also helpful. For example "when you have finished that game it will be time to eat" or "after you have watched that show we will go to the park". What they are moving to may not always be fun, helping children understand what to expect helps make for a smoother transition.

2 Do something 'for real-life' inspired by the screen

You can use children's interests in what they are watching to help them move from technologies into non-digital activities.

For example if your child has been watching Bluey you could invite them to complete a Bluey puzzle, or role-play some Bluey games such as keepy uppy or obstacle course. Families in this study reported moving from watching Fireman Sam to visiting a fire station or building a fire station with their child using blocks and other play materials in the home.

Parents also successfully used music and songs children liked to help with technology transitions. This could be playing music from a show, or turning on music kids liked to act as a fun activity to engage them in something else.

3 Give kids choice

Offering children choice in these situations can also be very powerful.

Many aspects of children's lives are managed for them, when to go to school or pre-school, what they have to wear and using a seat belt in the car. Many of these things are not negotiable and often for good reasons.

This is why it is helpful to give children some choice in their lives when you can.

Parents reported success when providing kids with simple choices when preparing to move off technology. For example "would you like to watch two or four episodes of this show?" or "would you like to start the timer for your game or do you want me to let you know when your time is up?"

These strategies help children feel like they have some choice about how long they will use technologies.

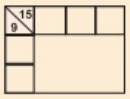
As parents and carers navigate screens and technology with their kids, they should know they are not alone if they find transitions difficult. And there are strategies that can help.

(By Juliana Zabatiero, Leon Straker from Curtin University, Kate Highfield from Canberra University and Susan Edwards from Australian Catholic University, The Conversation)

FARNAZ

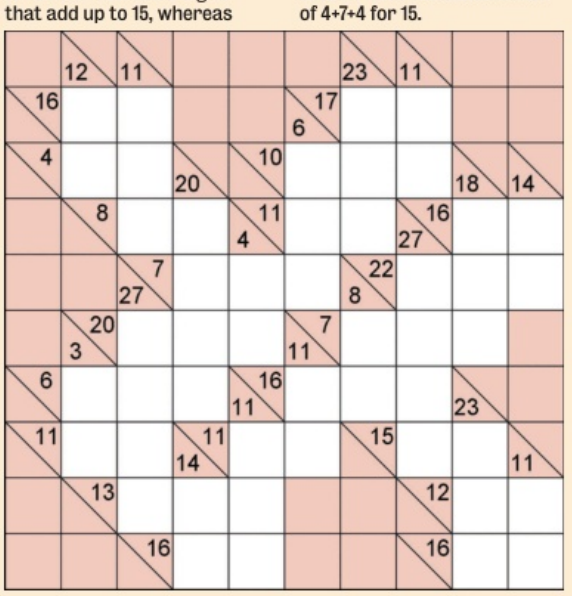
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

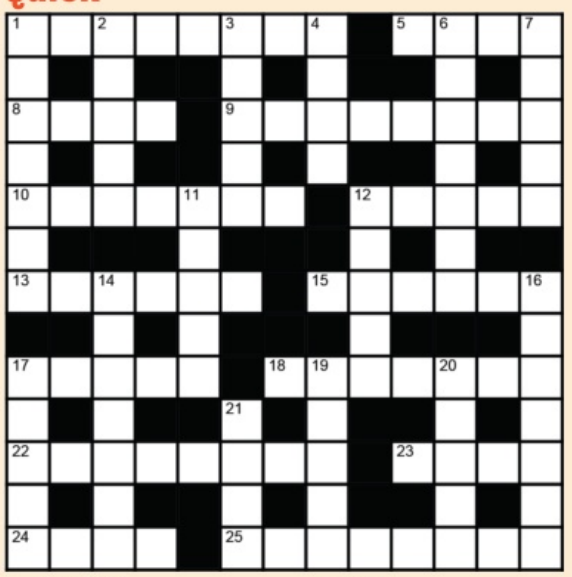


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Forlorn or abandoned (8)
5 A question of substance (4)
8 Our country, as a prefix (4)
9 Dwindles or tapers out (5,3)
10 Sense of style (7)
12 A mix of metals (5)
13 Mend (6)
15 Tourist destination where R K Narayanan's Malgudi Days was filmed (6)
17 Accumulate (5)
18 Apprehends or captures (7)
22 An act of treachery (8)
23 Leading player (4)
24 Novice (4)
25 Punishes by temporary exclusion from school, work, etc. (8)

DOWN

1 Swimmer's rubber shoe (7)
2 Radioactive inert gas (5)
3 Desert region of Gujarat (5)
4 Carpentry pin (4)
6 Ruffian (7)
7 Welshman (slang) (5)
11 Kid (5)
12 Wrath (5)
14 Shallow plate or dish (7)
16 Makes certain (7)
17 Custom or practice (5)
19 Turns over (5)
20 Old Nick (5)
21 Colouring agents (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS H

HYTF WYT BTOUP KCMHQ MPB YT WGCFQ YTCXUW.

Linemaro

My doctor says I need vitamin U

Mindchow

The art of life is to know how to enjoy a little and to endure much

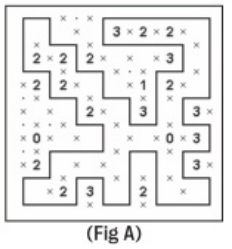
Joke of the day

Doctor told me I've got 2 weeks to live. I said, "Can I have the last week in July and the first week in August?"

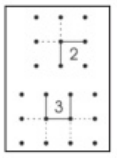
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

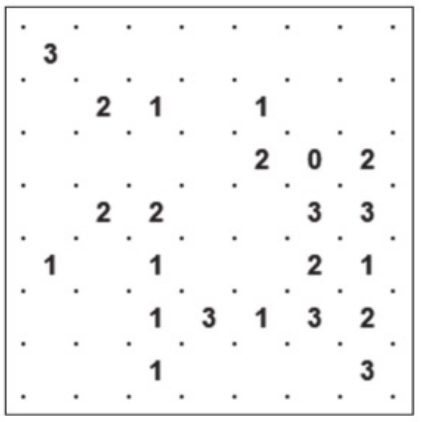


(Fig B) Not Allowed

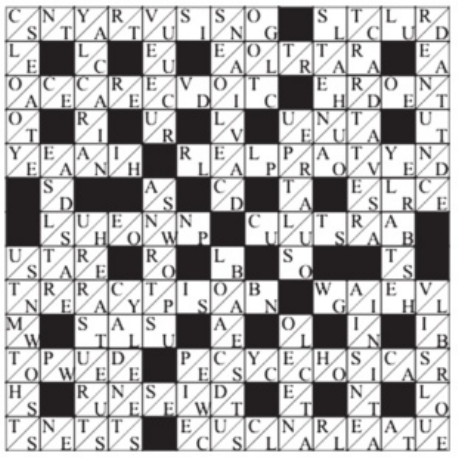
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



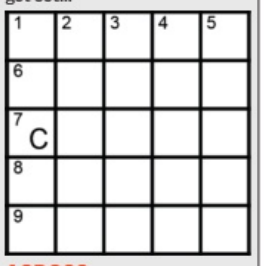
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Ta sad; 6 Inure;
7 Macro; 8 Ale be;
9 Eland

DOWN

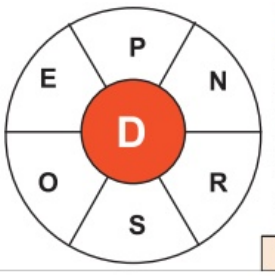
1 Laud C; 2 Arab a;
3 Tried; 4 Alone;
5 Sen me

Mensapuzzle

What number should replace the question mark?

1, 2.25, 3.75, 5.5, 7.5, 9.75, ?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

17 Average; 19 Good; 21 Outstanding

SudokuChallenge

6			1	5	2			9
	7		8		9		2	
		3	6		4	8		
	3						4	
		2				9		
	8						7	
		5	7		8	1		
	1		4		3		5	
3			9	1	5			8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

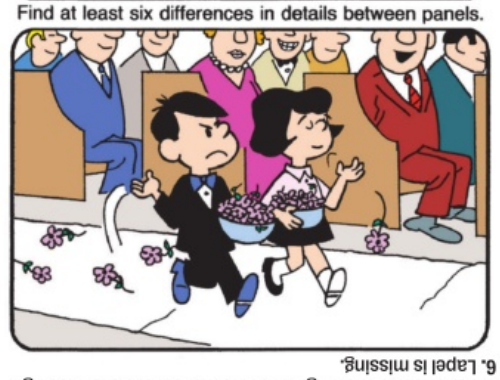
Easy = 12
4 5 6 7

Medium = 28
5 6 8 9

Hard = 12
3 7 9 7

Hocusfocus

Find at least six differences in details between panels.



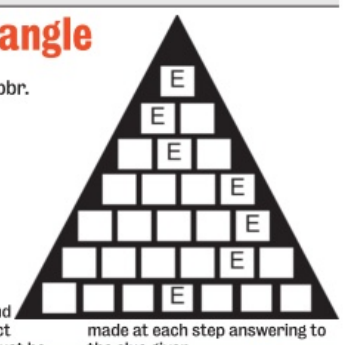
Differences: 1. Arm is moved. 2. Shoe is different. 3. Hand is not showing. 4. Foot is moved. 5. Tie is missing. 6. Lapel is missing.

Riddler

Can you figure this saying out of the weeds that snare it? roges noses rosei rhses toses royes roser reses rosev eoses

Alpha triangle

1 Second vowel
2 Extended play, abbr.
3 Legume
4 Church alcove
5 Digging tool
6 Weakened
7 Adds on

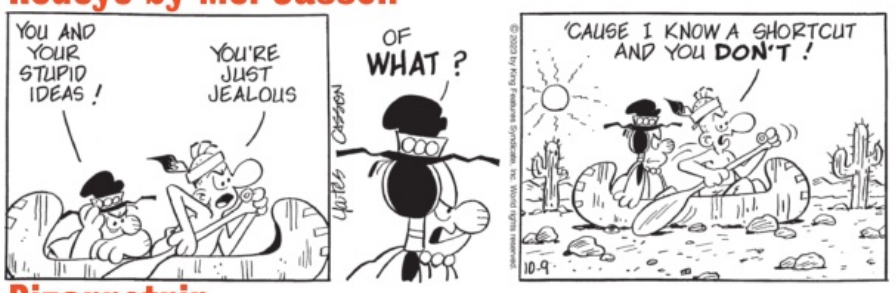


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



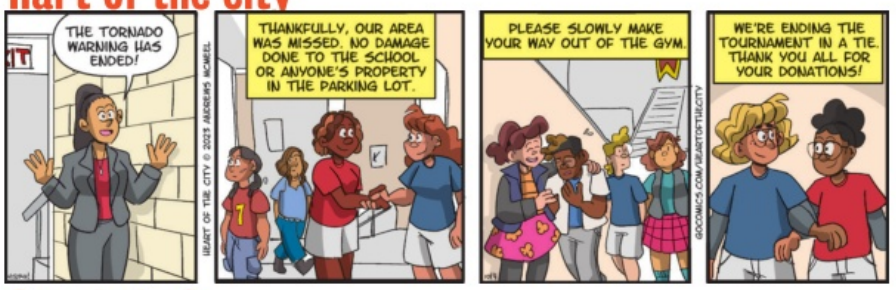
Bizarrotrip

Wayno & Piraro 10-23-23
I keep this one hermetically sealed. It belonged to Ringo Starr.
STATUS CYMBAL
Dist. by King Features
BIZARRO.COM
©2023 BIZARRO STUDIOS

Diamond Lil

WHAT ARE YOU GOING AS FOR HALLOWEEN, HOWARD?
I'M GOING AS A COLD NUDIST!
WHAT'LL YOU BE WEARING?
GOOSE PIMPLES!
©2023 creators.com 10/23
www.creators.com

Hart of the city


THE TORNADO WARNING HAS ENDED!
THANKFULLY, OUR AREA WAS MISSED. NO DAMAGE DONE TO THE SCHOOL OR ANYONE'S PROPERTY IN THE PARKING LOT.
PLEASE SLOWLY MAKE YOUR WAY OUT OF THE GYM.
WE'RE ENDING THE TOURNAMENT IN A TIE. THANK YOU ALL FOR YOUR DONATIONS!

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be able to implement business plans successfully with the support of your subordinates. You may be involved in some social or family get-togethers, which may boost your network. You are likely to go on short business-related trips, which may give you benefits in the near future.

Taurus Apr 21 – May 20
Today is a good day, and your financial health is likely to be good. You may get benefits from your past investments. You may have control over your spending on worthless stuff, which may boost your savings. Lovebirds are advised to be polite in the conversation with their partner; otherwise, there may be some conflicts between them.

Gemini May 21 – Jun 21
Today, you may be busy with issues related to siblings and relatives. You may plan to start some new ventures with the help of your siblings and network. You are likely to get an order, which may increase your family business. Your network may help you complete your task successfully. There may be some smart gains after a little effort.

Cancer Jun 22 – July 23
Today, you may feel negative; due to sleeplessness last night, you may feel dull. It may reflect on your way of working; it is advised to postpone making investments in your work. You may be a victim of conspiracy, and you are advised to keep an eye on your opponents and rivals. Lovebirds are advised to keep their patience to avoid unnecessary arguments.

Leo Jul 24 – Aug 23
Today, you may be blessed by the moon. You may get some big orders with the help of overseas contacts. You may face some moments when you feel anxious, but somehow you may be able to control your anxiety. Students are likely to study the subject in depth. Investors are advised to make long-term investments in terms of fruitful gains.

Virgo Aug 24 – Sep 23
Today, you may be busy at work. You may face some difficulties in completing the task; it may make you upset, but somehow, with blessings from elders and gurus, you may come out of this messy situation. Due to your workload, you may feel mentally tired and not be able to give time to your family. But your siblings are likely to support you and maintain domestic harmony.

Libra Sep 24 – Oct 22
Today , things are under control; the last few days of crunch may be over now. You may feel calm and cool. Your focus on your goals may be good. You may enjoy your work. Your disputes in partnerships may be settled now. Litigation in property-related matters is likely to be resolved. You may also have some romantic moments with your loved ones.

Scorpio Oct 23 – Nov 22
Today is not a good day for you. You may be a victim of negative thoughts. You may be impatient. Your arrogance may keep you from taking difficult decisions. Your life seems to be stopping somewhere. You may be in need of the blessing of your elders, which is likely to help you come back from messy situations. Should avoid making investments in dead assets. Lovebirds should avoid discussing worthless topics.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon. You are likely to hear some good news in terms of work and business. You are likely to enjoy your domestic life in full swings of joy. You are advised to avoid making arguments about worthless topics. Overexcitement may test your patience. You may make important decisions when making investments in assets. Students are advised to be focused on their studies.

Capricorn Dec 23 – Jan 20
Today is good for your work; you may perform well in terms of work. Your boss may give you some more responsibility in terms of promotions. Your rivals and opponents are now under control. You may lend money to build your assets. You are likely to plan to make some investments for your kids' future.

Aquarius Jan 21 – Feb 19
Today, you may feel very dull. It may make you lazy and careless; you are likely to be unfocused at work; and impatience may pull you down negatively. Kids and spouse health may make you upset. You should avoid making investments in assets. Love birds should avoid making arguments in family matters.

Pisces Feb 20 – Mar 20
Today you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today. So you should not expect more from them in terms of help; otherwise, it may make you more upset. You are advised to follow intuition before making important decisions today.

KIDZONE

Tejal Rao, 10 Years, Indiranagar Cambridge School

Maitreyi Singh, 11 Years, The Air Force School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(1+11+11×12)/4!
144/24
6

QUOTE UNCODE
When the devil grows old he turns hermit.

FAST FIVE

L	A	D	E	N
D	A	T	A	S
U	R	I	N	E
C	A	R	O	M
A	B	E	L	E

RIDDLER
Everything's coming up roses! As I changed one letter in 'roses' every time, each letter spelled out 'everything' coming up, so therefore: everything is literally coming up roses!

STRIKE OUT

T	E	S	T	■	E	S	C	A	L	A	T	E	■	■
S	T	A	R	V	I	N	G	■	S	C	U	B	■	■
T	R	A	C	T	I	O	N	■	A	C	R	E	■	■
O	W	E	D	■	P	S	Y	C	H	I	C	S	■	■
M	T	A	S	■	A	■	O	■	N	■	I	■	■	■
S	■	R	E	S	I	T	■	T	■	T	■	L	■	■
U	A	E	■	O	B	■	S	■	■	S	■	■	■	■
S	H	O	W	N	■	U	L	T	R	A	■	■	■	■
S	■	S	■	D	■	A	■	E	R	E	■	■	■	■
Y	E	A	H	■	R	E	P	R	O	V	E	D	■	■
T	R	■	R	■	L	■	U	N	A	■	U	■	■	■
L	C	■	E	■	A	O	R	T	A	■	E	■	■	■
A	C	R	E	D	I	T	■	E	D	E	N	■	■	■
S	R	E	S	I	T	■	T	■	T	■	L	■	■	■

QUICK

T	Y	R	O	■	S	U	S	P	E	N	D	S	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
B	E	T	R	A	Y	A	L	■	S	T	A	R	■	■
A	■	T	■	D	■	O	■	■	A	■	■	U	■	■
H	O	A	R	D	■	A	R	R	E	S	T	S	■	■
■	■	L	■	■	■	E	■	■	■	N	■	■	■	■
R	E	P	A	I	R	■	A	G	U	M	B	E	■	■
E	■	H	■	■	■	■	N	■	■	U	■	■	■	■
P	A	N	A	C	H	E	■	A	L	L	O	Y	■	■
P	■	O	■	C	■	L	■	D	■	F	■	■	■	■
L	■	A	■	U	■	A	■	O	■	A	■	■	■	■
I	N	D	O	■	T	A	I	L	S	O	F	F	■	■
F	O	R	S	A	K	E	N	■	W	H	A	T	■	■

MENSA PUZZLE
12.25: add 1.25, 1.5, 1.75, 2, 2.25, 2.5

BULL'S EYE
doer, done, dope, dose, drone, drop, node, pond, ponder, pored, posed, prod, rede, rend, RESPOND, roped, rope, send, snored, sped, spend

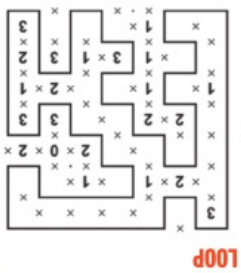
SUDOKU

3	2	7	9	1	5	4	6	8
8	1	9	4	6	3	2	5	7
4	6	5	7	2	8	1	9	3
1	8	4	5	9	6	3	7	2
7	5	2	3	4	1	9	8	6
9	3	6	2	8	7	5	4	1
2	9	3	6	7	4	8	1	5
5	7	1	8	3	9	6	2	4
6	4	8	1	5	2	7	3	9

ALPHA TRIANGLE
E, EP, Pea, Apse, Spade, Sapped, Appends.

GO FIGURE
Easy
7 + 4 + 6 − 5 = 12
Medium
8 + 9 + 6 + 5 = 28
Hard
9 − 7 + 3 + 7 = 12

LOOP



KAKURO

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'Anatomy of a Fall' actor faces rape probe—
French investigators have opened a rape probe into actor and film director Samuel Theis, the star of the Golden Globe-winning film "Anatomy of a Fall"

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Wise words

PC impressed with Pankaj Tripathi's life mantra, calls it 'wisdom'

Priyanka Chopra got impressed with actor Pankaj Tripathi's mantra of life, as she was able to relate to the Mirzapur actor's point of view and called his wise words "wisdom."

On Tuesday, taking to Instagram story, Priyanka shared a video clip from Pankaj Tripathi's throwback interview, in which he emphasised the importance of leading a slow and steady life instead of rushing through everything.

In the video, Pankaj was heard saying, "I want to be slow in life. I want to be steady. Why run? Where to run? Where to fly? Everything will be fine. Take a deep breath.)" Sharing the video, Priyanka wrote, "Wisdom."

Meanwhile, on the work front, in the coming months, she will be seen in 'Heads of State', alongside John Cena and Idris Elba.

On the Bollywood front, she will be seen in Farhan Akhtar's next directorial 'Jee Le Zaraa' alongside Katrina Kaif and Alia Bhatt.

Pankaj Tripathi, on the other hand, is gearing up for 'Main Atal Hoon'.

Helmed by director Ravi Jadhav, 'Main Atal Hoon' features Tripathi in the lead role as former Prime Minister Atal Bihari Vajpayee. The film has been written by Rishi Virmani and Ravi Jadhav while the music has been composed by Salim-Sulaiman. The film is all set to hit theatres on January 19. **—ANI**

SANDALWOOD
SHOTS
Y MAHESWARA REDDY

Time for 5D view

The much-awaited and delayed Kannada movie 5D is scheduled for release on February 9. The movie 5D was to be released around eight months ago. Veteran director-cum-actor S Narayan has helmed this movie while Aditya plays the lead. It is Narayan's 50th movie as a director and 25th movie for Aditya as a hero.

An event was held at Kalavidara Sangha on Sunday as part of the promotional activities of the movie. "The movie's release was delayed due to some problems in getting theaters. Nowadays it is not easy to bankroll a movie and very tough to release it due to shortage of movie theaters.

Well-known actors are not acting in many movies and the movies with newcomers are withdrawn as soon as those are released," Narayan said.

Narayan said 5D is about the medical mafia that thrives on donated blood. "I am known for directing family-oriented movies. With this, audiences can see me direct a suspense thriller," Narayan said. Aditi Prabhudeva is paired opposite Aditya in the movie. ""I play an interesting character. It has a unique ending," said Aditya.

For a thrill

One more Kannada movie with a unique title is set to be released shortly. The title is Avanirabekiththu (meaning he should have been here). The movie is helmed by Ashok Samrat. Murali BT under the Novika Cini Productions banner has produced it. The team launched the title in a unique way. They invoked the names of prominent actors in the promotional video.

"It is my first movie in Sandalwood. Prior to this I worked as associate director for three Kannada movies apart from making ad films, corporate films and short films including the short film Naanu Bevarsi Goththaa," said Samrat.

According to the director, Avanirabekiththu is a suspense thriller with a love angle. "I wrote the script based on a real incident that took place in Bengaluru in 2019. The movie revolves around the problems people face when their names are changed in government documents. The movie will keep the audiences on the edge of their seats," the director said.

The first look poster unveiling video was released on Jhankar YouTube channel. Bharath and Sowmya are the lead pair in the movie.

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